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Drug Education Resources Directory

Primary Resources: Kindergarten to Grade 3

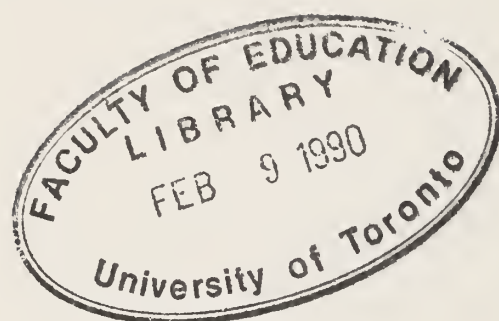
Compiled by
Barbara J. Steep



Addiction
Research
Foundation

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sur la toxicomanie

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Inclusion of materials in this Directory does not in any way imply endorsement; neither does exclusion imply lack of endorsement. Users are advised to assess carefully the materials they are considering using to ensure that they are appropriate for the intended audience and purpose. Information about errors or suggestions for additions should be addressed to the Addiction Research Foundation, Prevention and Health Promotion Programs, 33 Russell Street, Toronto, Ontario M5S 2S1.

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Preface

The *ARF Drug Education Resources Directory*, has been developed to familiarize educators with a variety of print and audio-visual materials that may be used for teaching children and adolescents about drugs (including alcohol and tobacco) and lifestyle choices. The materials listed are intended for school use; however, many are also appropriate to other educational settings or the home environment.

The Directory is organized into six modules: *Primary Resources* (for Kindergarten to Grade 3); *Junior Resources* (for Grades 4-6); *Intermediate Resources* (for Grades 7-10); *Senior Resources* (for Grades 11 to the end of secondary school); *Répertoire des ressources éducatives sur les drogues* (French resources for Kindergarten to the end of secondary school); and *Recommended Films and Videotapes* (for Kindergarten to the end of secondary school). The modules stand on their own; however, the films and videotapes module may be used as a companion to each of the primary resources, junior resources, intermediate resources, and senior resources modules.

The French-language resources module has its own listing of French films and videotapes. In addition, throughout the English-language modules, materials are especially noted if they are also available in French.

Each module, except *Recommended Films and Videotapes*, includes a very brief selection of key reference materials for educators. Most are books; however, it should be noted that no other books for teacher use have been identified since the number of possible inclusions is very extensive and beyond the scope of the Directory.

Films and videotapes listed in the Directory have been reviewed and recommended for purchase by the ARF Audio/Visual Assessment Committee (publisher of Projections). Each film has been evaluated and assigned a rating on a six-point scale based on scientific accuracy, emotional and visual impact, usefulness to the target audience, and effectiveness in assisting people with alcohol and other drug-related decisions. The pamphlets, curricula, teaching kits, and other classroom resources have generally not been evaluated. (Exceptions have been noted in the text.) Also, users should be aware that there may be charges for the items listed.

Our intention has been to create an inventory of resources for classroom use that are current and readily accessible and have a Canadian focus. Some non-Canadian materials that are widely used and known to be relevant and easily accessible have also been included. Therefore, the Directory presents the range of materials currently available rather than a vetted selection.

Although materials were rigorously solicited, no directory of resources could be complete for long in a field where new products are constantly being developed. We apologize for any errors or omissions and would welcome suggestions for additions to the collection.



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Acknowledgments

The author wishes to thank Larry Hershfield and Henry Schankula for their role in launching the development of the *Drug Education Resources Directory*. As well, I would like to thank Andrea Stevens-Lavigne for her help in managing the project; Debbie Chapman for her assistance in identifying and procuring resources; Gloria Silverman and Peter Loranger for bringing the Directory to publication; Lia Hatashita for her editorial assistance; Judy Nugent for her contribution during the early phase of the project; and Bie Engelen, Joanne Anquist, and Linda Vandenakker for their excellent clerical support.

Thanks are also due to the following people for their input and advice during the pilot testing of the Directory: Sue Amos, Chuck Ainslie, Marilyn Bowers, Julie Boucher, Richard Brown, Dave Connell, Ludovic D'Souza, Diane Domelle, Judy Hills, Joan Hurley, Wendy Jackson, Mary Johnston, Linda Lowery-Bell, Lydia Stewart, Gloria Torrance, and Don Walker.

Finally, the Addiction Research Foundation gratefully acknowledges the contributions of Maurice Boutet and Barbara Johnston, of the Ontario Ministry of Education, who made it possible for all Ontario public and separate schools to have copies of the Directory.

Title:	Jamie Finds Out About Drugs
Subject:	Drugs
Target Group:	Kindergarten - Grade 3
Format:	Color-in poster, folded
Date of Publication:	1977, reprinted 1988
Publisher/Producer:	Addiction Research Foundation
Description:	A 'color-in' poster illustrating some of the different people who are knowledgeable about drugs (i.e. the policeman, the pharmacist, the doctor).
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	No Smoking: Lungs at Work (Also available in French)
Subject:	Tobacco
Target Group:	Grades 3-5
Format:	Pamphlet, 15 p.
Date of Publication:	1983
Publisher/Producer:	The Lung Association
Description:	This easy-to-read pamphlet provides information on the respiratory system and the effects smoking has on health. Attractive illustrations make this an appealing product for young children.
Suggested Use:	Classroom or other educational setting
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	A Story of Feelings
Subject:	Self-esteem
Target Group:	Kindergarten - Grade 3
Format:	Coloring book, 20 p.
Date of Publication:	1984
Publisher/Producer:	Johnson Institute
Description:	<i>A Story of Feelings</i> is a coloring book featuring John and his cat "Z" from the film of the same name. Through the experiences of John, children learn about feelings and the role they play in chemical dependence.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Fitzhenry and Whiteside 195 Allstate Parkway Markham, ON L3R 4T8 (416) 477-0030

Title:	About Alcohol and Other Drugs: A Coloring and Activities Book
Subject:	Alcohol, drugs
Target Group:	Grades 2-4
Format:	Coloring and activities booklet, 16 p.
Date of Publication:	1988
Publisher/Producer:	Channing L. Bete Co. Inc., South Deerfield, MA 01373
Description:	This booklet contains basic information about the effects of drugs and alcohol, the reasons people use these substances, and ways of feeling good that do not involve drugs and alcohol.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Scriptographic Communications Ltd. 150 Consumers Road, Suite 404 Willowdale, ON M2J 1P9 (416) 756-1590

Title:	About Self-Esteem
Subject:	Self-esteem
Target Group:	Grades 2-4
Format:	Booklet, 8 p.
Date of Publication:	1988
Publisher/Producer:	Channing L. Bete Co. Inc., South Deerfield, MA 01373
Description:	This coloring and activities book provides basic information on self-esteem: what it is and why it is important to our general well-being.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Scriptographic Communications Ltd. 150 Consumers Road, Suite 404 Willowdale, ON M2J 1P9 (416) 756-1590

Title:	Alcohol: The Inside Story (Also available in French)
Subject:	Alcohol
Target Group:	Grades 3-6
Format:	Nine-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, poster, and resource pamphlet. Materials are packaged in a vinyl portfolio.
Date of Publication:	1985
Publisher/Producer:	Addiction Research Foundation
Description:	Dr. Cooper and his lab assistants, Martha the Mouse and Melvin the Dog, perform entertaining and instructive experiments demonstrating the long-term effects of alcohol, the risks of drinking during pregnancy, the effects of alcohol on physical fitness, and the relationship between drinking and safety. The fact that alcohol is a drug is stressed.
Evaluation:	Classroom tested in urban and rural settings. Results of the pilot-testing are reported in <i>A Qualitative Report on Pre-Adolescents Reaction to Two Alcohol Videos: 'Never Listen To a Bottle' 'The Inside Story,'</i> Research Dimensions, Study No. 189.01, February 1985, Toronto. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	Be Smart, Don't Start
Subject:	Alcohol
Target Group:	Grades 3-7
Format:	Student book, 32 p.; teacher's guide, 20 p.; parents' handbook, 24 p.
Date of Publication:	1987
Publisher/Producer:	National Clearinghouse for Alcohol Information, Box 2345, Dept. BS/DS, Rockville, MD 20852
Description:	<i>Be Smart, Don't Start</i> aims at preventing alcohol use among youth. Questions and answers, a story involving decision-making, facts, suggestions for activities, where to ask for help - all these related to alcohol - make up the student book. <i>Helping Your Child Say No to Alcohol</i> and <i>Helping Your Students Say No to Alcohol</i> are guides for parents and teachers respectively and complement <i>Be Smart, Don't Start</i> .
Suggested Use:	Classroom or other educational setting. Also suitable for family discussion and independent learning.
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	Butt It Out (Also available in French)
Subject:	Tobacco
Target Group:	Kindergarten - Grade 3
Format:	Package contains 10-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, and poster. Materials are packaged in a vinyl portfolio.
Date of Publication:	1984
Publisher/Producer:	Addiction Research Foundation
Description:	The effects of smoking on health are illustrated in this video teaching package which features Dr. Cooper and his lab assistants, Martha the Mouse and Melvin the Dog. In this video, Ro the Robot participates in an experiment that requires him to work out on a treadmill. Ro is a smoker and tires so quickly that he has to return to the factory for new lungs. In the end, the robot explains that smoking isn't worth the damage it causes to health. After all, unlike robots, people can't return to the factory for new body parts.
Evaluation:	Classroom tested in urban and rural settings. Results of the pilot-testing are reported in <i>Summative Evaluation of 'Butt It Out,'</i> Gillis, Lynette, November 1983. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational settings
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	CASPAR Alcohol Education Program. Decisions about Drinking: A Sequential Alcohol Education Curriculum for Grades 3-12
Subject:	Alcohol
Target Group:	Grades 3-12
Format:	Curriculum, loose-leaf binder
Date of Publication:	1979
Publisher/Producer:	CASPAR Alcohol Education Program
Description:	A sequential alcohol education curriculum for Grades 3-12 consisting of lesson plans, learning activities, suggested methods for teaching about alcohol, and background information and resources for the teacher.
Evaluation:	Evaluated by CASPAR. Findings reported in <i>Alcohol, Health and Research World</i> , 3 (3), 14-20 Winter 1978.
Suggested Use:	Classroom or other educational setting
Available From:	CASPAR Alcohol Education Program Somerville Public School Faculty Curriculum Team Somerville, MA 02143 (617) 623-2079

Title:	The Cat Who Drank Too Much
Subject:	Alcohol
Author:	Bissell, L., and Watherwax, R.
Target Group:	Kindergarten - Grade 4
Format:	Storybook, 46 p.
Date of Publication:	1982, second printing 1984
Publisher/Producer:	Thomas W. Perrin, Alcoholism/Child Abuse Books by Mail
Description:	This storybook provides basic information about alcoholism and common warning signs of a problem. The main character is a cat who, in the beginning, uses alcohol responsibly (drinks only with meals), but over time develops a serious dependency. The problem becomes quite advanced until one day the cat decides to do something about it. On the advice of a friend he attends an Alcoholics Anonymous meeting and begins treatment at a clinic for alcoholics. A film dealing with the same topic (same title) is also available.
Suggested Use:	Not suitable for general classroom use. Should only be used in situations where supportive care is available to assist children from families where substance abuse is a problem.
Available From:	Thomas W. Perrin Alcoholism/Child Abuse Books by Mail 5 Glen Road P.O. Box 423 Rutherford, NJ 07070 (201) 460-7912

Title:	Celly (Also available in French)
Subject:	Tobacco
Target Group:	Kindergarten - Grade 3
Format:	Teaching kit contains: 1 Celly flip chart, 1 Celly poster, class set of miniature Celly flip charts, Celly buttons, 1 teacher's guide.
Date of Publication:	1980
Publisher/Producer:	Canadian Cancer Society
Description:	This teaching package provides information on some of the different factors that contribute to good health. Getting enough sleep, making regular visits to the doctor and dentist, eating nutritious foods, and getting the right amount of sunshine and fresh air are covered. All of the materials in the package feature Celly, a cartoon character whose message to children is 'take good care of yourself.'
Suggested Use:	Classroom or other educational setting
Available From:	Canadian Cancer Society Metro Toronto District* 2 Carlton Street, Suite 710 Toronto, ON M5B 2J2 (416) 593-1513

* Or the Canadian Cancer Society in your area.

Title:	Drug Abuse Prevention Kit
Subject:	Drugs
Target Group:	Grades 1-6
Format:	Kit containing a videotape (VHS), audio cassette, computer diskette, and pages with activities and puzzles.
Date of Publication:	1987
Publisher/Producer:	The National Crime Prevention Council, The U.S. Department of Justice, and The Texize Division of Dow Consumer Products Inc.
Description:	In this teaching package McGruff the Crime Dog presents the message that drugs are not cool, and that there are lots of fun things to do that do not involve drugs. The teaching package includes a computer game, an audio cassette with 11 catchy tunes to 'say no' by, five games and puzzles, and a videotape starring McGruff and five teenagers delivering a message about kids' ability to say 'no' to drugs. Instructions for using each of the kit's components are also included.
Suggested Use:	Classroom use or other educational setting
Available From:	National Crime Prevention Council 733 15th Street Northwest, Room 540 Washington, DC 20005 (202) 393-7141

Title:	An Elephant in the Living Room
Subject:	Alcohol
Author:	Typpo, Marion H.
Target Group:	Grades 1-6
Format:	The Children's Book, 69 p.; A Leader's Guide for Helping Children of Alcoholics, 129 p.
Date of Publication:	1984
Publisher/Producer:	CompCare Publications
Description:	<i>An Elephant in the Living Room</i> is an educational program designed to help children from age seven to early adolescence cope with a problem-drinking father, mother, sister, or brother. The program consists of an exercise book for children and a leader's guide containing background information on families where alcohol is a problem.
Suggested Use:	Not suitable for general classroom use. Should only be used in situations where supportive care is available to assist children from families where substance abuse is a problem.
Available From:	CompCare Publications 2415 Annapolis Lane Minneapolis, MN 55441 (800) 328-3330

Title:	Good Mental Health: A Coloring and Activities Book
Subject:	Self-esteem
Target Group:	Grades 2-4
Format:	Booklet, 16 p.
Date of Publication:	1984, reprinted 1987
Publisher/Producer:	Channing L. Bete Co. Inc., South Deerfield, MA 01373
Description:	This booklet contains basic information about some of the components of good mental health. Some examples are: liking yourself, understanding your feelings, avoiding drugs and alcohol, and finding positive ways to cope with unhappy and angry feelings.
Suggested Use:	Classroom or other educational setting
Available From:	Scriptographic Communications Ltd. 150 Consumers Road, Suite 404 Willowdale, ON M2J 1P9 (416) 756-1590

Title:	Helping Your Students Say No to Alcohol
Subject:	Alcohol
Target Group:	Grades 3-7
Format:	Book, 20 p., illustrated
Date of Publication:	1987
Publisher/Producer:	National Clearinghouse for Alcohol Information, Box 2345, Dept. BS/DS, Rockville, MD 20852
Description:	<i>Helping Your Students Say No to Alcohol</i> is the teacher's guide to be used with <i>Be Smart, Don't Start</i> . It suggests classroom activities for building peer resistance skills and self-confidence and analysing advertising. It also identifies resources for high-risk children.
Suggested Use:	Classroom or other educational setting
Available From:	Wisconsin Clearinghouse on Drug and Alcohol Information P.O. Box 1468 Madison, WI 53701 (608) 263-2797

Title:	Here's Looking at You, 2000: A Teacher's Guide for Alcohol and Drug Education
Subject:	Alcohol, drugs, tobacco
Target Group:	Kindergarten - Grade 12
Format:	Curriculum kits for Kindergarten and Grade 1, each of Grades 2, 3, 4, 5, and 6, Grades 7 to 9, and Grades 10 to 12. Supplementary materials accompanying curriculum kits include audio-visual resources, overheads, teacher guides, posters, game cards, puppets, photo boards, and puzzles.
Date of Publication:	1982, revised 1985
Publisher/Producer:	Comprehensive Health Education Foundation
Description:	This multi-component program provides information on the effects of tobacco, alcohol, and other drugs, and skill-building exercises to assist students to effectively manage situations involving drugs. Consisting of a curriculum kit for each grade, the program is delivered by classroom teachers, is cumulative, and presents information and skill-building opportunities that are tailored to the learning needs of students at each grade level. For example, in Grade 4 students learn what it is like to live with a chemically dependent family member through the story <i>Pinto the Cat</i>. In the Grades 10 through 12 program more sophisticated issues are introduced, such as: drinking and driving, fetal alcohol syndrome, and cocaine. Throughout the program students learn factual information about commonly abused substances as well as skills in the following areas: decision-making, problem-solving, social competence, and stress management. Teacher training for <i>Here's Looking at You, 2000</i> is not mandatory for the delivery of this program but is available from: Roberts, Futzmaham and Associates, 9131 California Ave. S.W., Seattle, WA 98136-2599, (206) 932-8409. Updates to the earlier version, <i>Here's Looking at You Two</i>, are also available.
Suggested Use:	Classroom settings
Available From:	Comprehensive Health Education Foundation 22323 Pacific Highway South Seattle, WA 98198-5997 (206) 824-2907

Title:	The Hole in the Fence (Also available in French)
Subject:	Decision-making
Target Group:	Kindergarten - Grade 3
Format:	Storybook, 132 p.; teacher's guide, 70 p.; family guide, 52 p.
Date of Publication:	1975, revised 1982
Publisher/Producer:	Health and Welfare Canada
Description:	<i>The Hole in the Fence</i> aims to help young children develop responsible personal and social skills that will enable them to make sensible decisions. The storybook consists of 19 stories of vegetable characters who live in a garden and interact with one another. The experiences of the vegetable characters set the stage for the following topics of discussion: consequences of cheating and lying, misunderstanding and unjust blame, group pressure and stealing, medical drug use, freedom of choice, and sexual equality. The accompanying teacher's guide contains lesson plans for each of the stories and background information about the program. A family guide containing ideas for discussion and projects is also available.
Suggested Use:	Classroom or other educational setting. Also suitable for family discussion.
Available From:	Health and Welfare Canada Publications Unit Health Services and Promotion Branch Jeanne Mance Building, 5th Floor Tunney's Pasture Ottawa, ON K1A 1B4 (613) 954-8576

Title:	I Can Be Me
Subject:	Alcohol
Author:	O'Connor, Dianne S.
Target Group:	Children of the chemically dependent, Grades 2-6
Format:	Workbook, 115 p.
Date of Publication:	1987
Publisher/Producer:	Dianne S. O'Connor
Description:	<i>I Can Be Me</i> explores issues related to substance abuse in the family using a mix of illustrations, activities, and easy-to-read information. Intended for use with children of the chemically dependent, the workbook encourages children to recognize and express their feelings and to understand that they are not responsible for their parents' problems. Examples of some of the chapters are: Can't Stop, Feeling Masks, Taking Care of Yourself, Decisions, and Lots of Kids Like Us.
Suggested Use:	Not suitable for general classroom use. Should only be used in situations where supportive care is available to assist children from families where substance abuse is a problem.
Available From:	P.A.L. 447 Blythwood Road Toronto, ON M4N 1A8

Title:	I Love Not Smoking! A Coloring Book for Non-Smoking Children (Also available in French)
Subject:	Tobacco
Author:	Dehr, R., and Bazar, R.
Target Group:	Kindergarten - Grade 3
Format:	Coloring book, two color-in posters. Available in several languages including English, French, Swahili, and Cree.
Date of Publication:	1982
Publisher/Producer:	Namchi United Enterprises, Vancouver
Description:	The illustrations and text in <i>I Love Not Smoking!</i> follow two children from infancy to adulthood. The booklet positively reinforces the decision not to smoke through the depiction of individuals enjoying the benefits of remaining smoke free.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Namchi United Enterprises P.O. Box 33852, Station D Vancouver, BC V6J 4L6 Vancouver Health Department 1060 West 8th Avenue Vancouver, BC V6H 1C4 (604) 736-9844

Title:	Keep Off the Grass (Also available in French)
Subject:	Drugs
Target Group:	Grades 2-6
Format:	Nine-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, poster, and resource pamphlet. Materials are packaged in a vinyl portfolio.
Date of Publication:	1986
Publisher/Producer:	Addiction Research Foundation
Description:	In this video Dr. Cooper and his assistants examine the effects of marijuana with the help of Mike, the handyman. They observe Mike, who is a heavy marijuana smoker, as he tries unsuccessfully to install a coat hook while he is smoking a joint. Three police officers warn viewers about the legal consequences of possessing marijuana.
Evaluation:	Classroom tested in urban and rural settings. Results of pilot-testing are reported in <i>Pre-Adolescents Reactions to Marijuana Videos: 'Keep Off The Grass' 'Pas de Pot, Mon Pote,'</i> Catherine Fournier Inc., Toronto, May 1985. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M1S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	Leave It Alone (Also available in French)
Subject:	Drugs
Target Group:	Kindergarten - Grade 1
Format:	Nine-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, poster, and resource pamphlet. Materials are packaged in a vinyl portfolio.
Date of Publication:	1986
Publisher/Producer:	Addiction Research Foundation
Description:	In this videotape, Millie and Morton arrive at Dr. Cooper's laboratory to surprise their older brother, Melvin the Dog, on his birthday. They search Dr. Cooper's house for candy, soft drinks, and other goodies for the birthday party. They discover brightly colored pills and bottles in the bathroom, kitchen, and basement. Fortunately, Dr. Cooper intervenes just in time with some sound safety advice for young children about the dangers of household products.
Evaluation:	Classroom tested in urban and rural settings. Results of the pilot-testing are reported in <i>A Qualitative Evaluation of 'Leave It Alone,'</i> Research Dimensions, Study No. 189.04, November 1985, Toronto. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	Let's Talk about Harmful Drugs
Subject:	Drugs
Author:	Melear, Lawrence L., and Melear, Joanne G.
Target Group:	Kindergarten - Grade 4
Format:	Workbook, 27 p.
Date of Publication:	1988
Publisher/Producer:	Melear Multi-Media, Inc.
Description:	Several simple concepts about drug use and abuse are introduced in <i>Let's Talk about Harmful Drugs</i> . For example, the word 'drug' has two meanings - medicine, and harmful substances that hurt the brain. Illicit drugs are harmful drugs and can make you sick, and children should never accept a substance from someone who is not a trusted adult. The workbook contains illustrations and activities that are helpful in reinforcing the message that drug use can be very harmful.
Suggested Use:	Classroom or other educational setting
Available From:	Melear Multi-Media, Inc. P.O. Box 71223 Marietta, GA 30007 (404) 971-5665

Title:	Lungs Are for Life (Also available in French)
Subject:	Tobacco
Target Group:	Kindergarten - Grade 12
Format:	Binder containing resource packages for Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit contains teaching guidelines, overheads, and pamphlets.
Date of Publication:	1986
Publisher/Producer:	Ontario Lung Association
Description:	<i>Lungs Are for Life</i> is a comprehensive program providing lesson plans, audio-visual aids, hands-on activities, and follow-up ideas. The program consists of four units: Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit covers respiratory health, physiology, and smoking prevention. The specific topics and activities in each unit are designed to be appropriate to the age level of the students. For example, in the primary division (Kindergarten-Grade 3) general topics such as practising healthy habits are discussed, whereas in later units, decision-making skills, handling peer pressure, and smoking and pregnancy are dealt with.
Suggested Use:	Classroom or other educational setting
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	Miraculous Me
Subject:	Decision-making
Author:	Nickerson, C., Lollis, C., and Porter, E.
Target Group:	Kindergarten - Grade 6
Format:	Book, 244 p.
Date of Publication:	1980
Publisher/Producer:	Comprehensive Health Education Foundation
Description:	<i>Miraculous Me</i> is a book dedicated to building the self-esteem of children. Part I deals with the philosophy of self-esteem, with special reference to the teacher. Part II consists of activities which provide a practical application of the philosophy of self-esteem to the classroom. Directions are presented in a simple, step-by-step format with many ready-to-use referral pages that are central to the activities.
Suggested Use:	Classroom or other educational setting
Available From:	Comprehensive Health Education Foundation 22323 Pacific Highway South Seattle, WA 98198-5997 (206) 824-2907

Title:	My Dad Loves Me, My Dad Has a Disease
Subject:	Alcohol
Author:	Black, Claudia
Target Group:	Grades 1-4
Format:	Workbook, 84 p.
Date of Publication:	1979
Publisher/Producer:	MAC Publishing
Description:	A workbook for children growing up in families where one or both parents are alcoholic. The basic premise of the book is that alcoholism is a disease that affects not only the alcoholic, but other members of the family as well. The workbook uses pictures drawn by children of alcoholics and descriptions of their experiences to help children from alcoholic families recognize and talk about common feelings such as anger, fear, and guilt. Basic information about alcoholism and the process of recovery is also included.
Suggested Use:	Not suitable for general classroom use. Should only be used in situations where supportive care is available to assist children from families where substance abuse is a problem.
Available From:	MAC Publishing 5005 East 39th Avenue Denver, CO 80207 (303) 331-0148

Title:	Never Listen to a Bottle (Also available in French)
Subject:	Alcohol
Target Group:	Grades 3-6
Format:	Nine-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, poster, and resource pamphlet. Materials are packaged in a vinyl portfolio.
Date of Publication:	1985
Publisher/Producer:	Addiction Research Foundation
Description:	In this video, Dr. Cooper and his lab assistants demonstrate the short-term physical effects of alcohol, the role advertising plays in promoting consumption, and the hazards of drinking and driving. Children are left with the message that drinking alcohol is not as glamorous as advertisements make it out to be.
Evaluation:	Classroom tested in urban and rural settings. Results of the pilot-testing are reported in <i>A Qualitative Report on Pre-Adolescents Reactions to Two Alcohol Videos: 'Never Listen to a Bottle' 'The Inside Story,'</i> Research Dimensions, Study No. 189.01, February 1985, Toronto. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	No Smoking: A Coloring and Activities Book
Subject:	Tobacco
Target Group:	Grades 2-4
Format:	Booklet, 16 p.
Date of Publication:	1988
Publisher/Producer:	Channing L. Bete Co. Inc., South Deerfield, MA 01373
Description:	This coloring and activities book provides basic information about tobacco and its effects on health. Readers are encouraged to look at the reasons people begin smoking and to say 'no' when they are offered a cigarette.
Suggested Use:	Classroom or other educational setting. Also suitable for independent learning.
Available From:	Scriptographic Communications Ltd. 150 Consumers Road, Suite 404 Willowdale, ON M2J 1P9 (416) 756-1590

Title:	Nothing to Sniff At (Also available in French)
Subject:	Drugs
Target Group:	Grades 2-6
Format:	Nine-and-a-half minute videotape (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, poster, and resource pamphlet. Materials are packaged in a vinyl portfolio.
Date of Publication:	1986
Publisher/Producer:	Addiction Research Foundation
Description:	This video examines drug issues of concern to young people. In this program, Melvin, Dr. Cooper's assistant, arrives at the laboratory early one morning, and out of curiosity he accidentally inhales the fumes from a number of chemical products left on the counter. He collapses and starts hallucinating. Dr. Cooper and Martha the Mouse arrive and try to revive him. Melvin reacts fearfully toward his friends and surroundings until the effects of the inhalants wear off. Everyone agrees that these are not products to fool around with.
Evaluation:	Classroom tested in urban and rural settings. Results of the pilot-testing are reported in <i>A Qualitative Evaluation of 'Nothing to Sniff At,'</i> Research Dimensions, Study No. 198.03, November 1985, Toronto. Available in the ARF Library, Toronto.
Suggested Use:	Classroom or other educational setting
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

NOTE: Readers are encouraged to visit the ARF Library for information regarding the evaluation of this program.

Title:	Octopuff Mini-Unit (Also available in French)
Subject:	Tobacco
Target Group:	Junior Kindergarten - Grade 2
Format:	Booklet, 27 p.
Date of Publication:	Revised 1986
Publisher/Producer:	The Lung Association
Description:	This teaching guide was developed to use with the film <i>Octopuff in Kumquat</i> . Its aim is to reinforce some of the positive health messages presented in the film such as: smoking and air pollution are injurious to health. The guide contains games and activities that can be implemented in the classroom.
Suggested Use:	Classroom or other educational setting
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

Title:	Play It Smart - Stay Safe from Drugs
Subject:	Drugs
Author:	Brady, I.
Target Group:	Kindergarten - Grade 3
Format:	Coloring book, 36 p., and audio cassette
Date of Publication:	1985
Publisher/Producer:	Brite Music Enterprises, Inc.
Description:	The messages of staying safe, avoiding drugs, believing in yourself, and looking for a natural high are portrayed by attractive cartoon characters and songs. The workbook includes pictures to color, suggested activities, and lyrics to the accompanying audio cassette.
Suggested Use:	Classroom or in the home
Available From:	Parents Against Drugs 70 Maxome Avenue North York, ON M2M 3K1 (416) 225-6601

Title:	The Sad Story of Mary Wanna: Or How Marijuana Harms You
Subject:	Cannabis
Author:	Mann, Peggy
Target Group:	Grades 1-4
Format:	Coloring book, 40 p.
Date of Publication:	1988
Publisher/Producer:	Woodmere Press
Description:	This coloring and activities book contains illustrations and photographs of marijuana's harmful effects on the body's respiratory, reproductive, immune, and central nervous systems. At the end of the book is a summary of marijuana research for parents and teachers requiring additional information on the topic.
Suggested Use:	Classroom use
Available From:	Woodmere Press Box 20190 Cathedral Finance Station New York, NY 10025

Title:	Starting Early: An Alcohol Education and Traffic Safety Program for Elementary School
Subject:	Alcohol
Target Group:	Kindergarten - Grade 6
Format:	Teaching package contains: 7 teacher's guides (Kindergarten - Grade 6), 2 filmstrips, 2 cassette tapes, game charts, lap book (storybook), and file folders for supplementary materials for each grade level.
Date of Publication:	1982
Publisher/Producer:	American Automobile Association
Description:	<i>Starting Early</i> addresses the use of alcohol and its impact on traffic safety and young people. The teaching kit contains a program guide for each grade level from Kindergarten through Grade 6. All guides are developmental with each preceding level intended as a building block for material that will be covered in later grades.
Evaluation:	Results of evaluation available from: The American Automobile Association Traffic Safety Department, 8111 Gatehouse Road, Falls Church, VA 22047.
Suggested Use:	Classroom or other educational setting
Available From:	Canadian Automobile Association 2 Carlton Street Toronto, ON M5B 1K4 (416) 964-3170

Title:	Tuning In to Health: Alcohol and Other Drug Decisions (Early Years)
Subject:	Drugs
Author:	Strople, M.J., and Ross, D.
Target Group:	Grades 2-3
Format:	Folder containing loose-leaf pages
Date of Publication:	1986 (revised)
Publisher/Producer:	Alcoholism Foundation of Manitoba
Description:	<i>Tuning In to Health: Early Years</i> is a complete package of lesson plans for Grades 2 and 3. Each plan consists of student objectives, a resource list, activity sheets, instructions for the teacher, and a summary of the learning objectives. The Grade 2 unit contains six lessons on hazardous products. The intent of these lessons is to teach students to recognize and handle household substances safely. The Grade 3 unit contains five lessons on reasons for taking medicines, what medicines are, and the importance of following instructions to ensure safe usage.
Suggested Use:	Classroom or other educational setting
Available From:	Alcoholism Foundation of Manitoba 1031 Portage Avenue Winnipeg, MB R3G 0R9 (204) 944-6200

Title:	Alcohol and Drug Policies: A Guide for School Boards (Also available in French)
Subject:	Alcohol, drugs
Format:	Cerlox-bound booklet, 35 p.
Date of Publication:	1988
Publisher/Producer:	Addiction Research Foundation
Description:	This guide provides background information on drug and alcohol use among adolescents and young adults, and the role school boards can play in preventing substance abuse problems. An example of a school policy is included as well as information on the policy's three components: preventive curriculum, early intervention, and disciplinary action.
Suggested Use:	As a reference for school boards and teachers
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title:	Children of Alcoholics: Meeting the Needs of the Young COA in the School Setting
Subject:	Alcohol
Author:	Morehouse, Ellen R., and Scola, Claire M.
Format:	Booklet, 30 p.
Date of Publication:	1986
Publisher/Producer:	NACoA: National Association for Children of Alcoholics
Description:	The book is divided under the following headings: Characteristics of Children of Alcoholics; Crucial Issues in Alcohol Education and Prevention; Identification of Children of Alcoholics in the School; Providing Counseling and Intervention; Using Local Resources; Reference Works.
Suggested Use:	General reference
Available From:	NACoA: National Association for Children of Alcoholics 31706 Coast Highway, Suite 201 South Laguna, CA 92677 (714) 499-3889

Title:	Directory of Alcohol and Drug Treatment Resources in Ontario
Subject:	Drugs, alcohol
Format:	Book
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	This comprehensive directory describes more than 350 agencies in Ontario which provide services for alcohol- and other drug-dependent clients. Each entry lists full particulars of the facility, number of beds, intake policy, area served, and other pertinent information. Indexes in the back of the directory facilitate location of services by geographic location, program, and client type.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	Drug and Alcohol Law for Canadians
Subject:	Law
Author:	Solomon, R., Hammond, T., and Langdon, S.
Format:	Handbook, 119 p.
Date of Publication:	1986 (second edition)
Publisher/Producer:	Addiction Research Foundation
Description:	This handbook provides basic information about the drug and alcohol laws of Canada, the related Ontario legislation, and the legal consequences of their violation. It is written in 'lay' terms and most chapters include questions and discussion materials.
Suggested Use:	Classroom or other structured setting; resource for teachers or driver education instructors and other interested adults.
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	Drugs and Drug Abuse - A Reference Text
Subject:	Drugs
Author:	Jacobs, M.R., and Fehr, K.O.
Format:	Book, 666 p.
Date of Publication:	1987 (second edition)
Publisher/Producer:	Addiction Research Foundation
Description:	Divided into five sections, this book has an introductory chapter, 'Understanding Drug Use,' which is followed by chapters on the various classes of drugs and the specific drugs that are the most popular in North American society. There follow two sections that deal with drugs of less significance in the overall drug picture, but ones that may be encountered by the professional from time to time. A glossary of terminology and an index of trade names for Canadian and U.S. products are also included.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use (Also available in French)
Subject:	Alcohol, drugs
Author:	Solomon, Robert
Format:	Cerlox-bound booklet, 25 p.
Date of Publication:	1988
Publisher/Producer:	Addiction Research Foundation
Description:	This detailed guide covers complex legal issues. It was written by Canada's leading expert in drug-related laws and is intended as a companion volume to <i>Alcohol and Drug Policies: A Guide for School Boards</i> .
Suggested Use:	As a reference for teachers and principals
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	Prevention Plus: Involving Schools, Parents and the Community in Alcohol and Drug Education
Subject:	Drugs
Format:	Book, 324 p.
Date of Publication:	1983
Publisher/Producer:	National Institute on Alcohol Abuse and Alcoholism
Description:	This guide walks the reader through a comprehensive approach to alcohol and drug abuse prevention. It starts with curricula, moves to programs for parents and community members, discusses intervention that may be needed if the curricula and other prevention programs are to be successful, and deals with policies that can support or impede these efforts. Examples of program materials are provided as well as a description of each program's philosophy, objectives, and implementation steps.
Suggested Use:	General reference
Available From:	U.S. Department of Health and Human Services Public Health Services Alcohol, Drug Abuse and Mental Health Administration 5600 Fishers Lane Rockville, MD 20857 (301) 468-2600

Title:	Schools without Drugs
Subject:	Drugs
Target Group:	Educators
Format:	Booklet, 78 p.
Date of Publication:	1987
Publisher/Producer:	U.S. Department of Education
Description:	Developed by the U.S. Department of Education, this guide explains how extensive and dangerous drug use is, how it starts and progresses, and how to identify a drug problem. It also recommends strategies and describes model programs for reducing drug use among students.
Suggested Use:	General reference
Available From:	Schools without Drugs Pueblo, CO 81009

Title:	Smoke-Free Spaces for Kids (Also available in French)
Subject:	Tobacco
Format:	Program guide booklet, 6 p.; incentive program pamphlet, 'Smoke-Free Space' desk card, Certificate of Recognition, 'Smoke-Free Workplace' window sticker
Date of Publication:	1989
Publisher/Producer:	Canadian Heart Foundation
Description:	<i>Smoke-Free Spaces for Kids</i> is a program designed to reach kids through those adults who serve as their role models (school officials), and those who control the environment in which children work and play (youth exemplars). The program objectives are to promote non-smoking as the norm, motivate adults who work with young people to set a non-smoking example in spaces where kids are frequent visitors, and create environments where it is OK not to smoke. Incentive items are available to adult role models for creating smoke-free space and arranging education-related activities.
Suggested Use:	As a resource for school administrators to encourage the adoption of smoke-free spaces for school-age children
Available From:	Heart and Stroke Foundation Metro Toronto Chapter* 477 Mt. Pleasant Road, 4th Floor Toronto, ON M4S 2L9 (416) 489-7100

* Or the Heart and Stroke Foundation in your area.

Title:	Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume I – Statistics on Alcohol Use
Subject:	Alcohol
Format:	Book, 407 p.
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	Based on data available by September 1988, this book contains statistics on the nature, extent, and consequences of alcohol use in Canada and elsewhere in the world.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume II – Statistics on Drug Use
Subject:	Drugs
Format:	Book, 526 p.
Date of Publication:	1989
Publisher/Producer:	Addiction Research Foundation
Description:	Based on data available by September 1988, this book contains statistics on the use, nature, and extent of drug use in Canada and elsewhere in the world.
Suggested Use:	General reference
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title:	Theatre for Education and Change
Subject:	Drugs, alcohol
Author:	Selman, Jan
Format:	Booklet, 48 p.
Publisher/Producer:	Alberta Alcohol and Drug Abuse Commission
Description:	<i>Theatre for Education and Change</i> is presented as a tool for promoting awareness and identification of conflicts and problems. It defines what theatre can and cannot do, ways to use theatre and drama, and how to do it well, and it lists resources, sample workplans, promotion strategies, and a glossary of theatre terminology.
Suggested Use:	High school theatre arts classes, community groups
Available From:	Alberta Alcohol and Drug Abuse Commission Production and Distribution 10909 Jasper Avenue, 2nd Floor Edmonton, AB T5J 3M9 (403) 427-7319

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